

# Black Bean and Rice Salad

Rating: ★★ ★

Makes: 3 servings

## Ingredients

**1/2 cup** onion (chopped)  
**1/2 cup** bell pepper (green or red, chopped)  
**1 cup** brown rice (or white rice, cooked and cooled)  
**1 can** black beans (15 ounce, drained and rinsed)  
**1/4 cup** rice vinegar (or white wine vinegar or lemon juice)  
**1/2 teaspoon** mustard powder (optional, dry)  
**1** clove garlic (chopped, or 1/2 teaspoon garlic powder)  
**1/2 teaspoon** salt  
**1/4 teaspoon** pepper  
**2 tablespoons** vegetable oil

## Directions

1. In a mixing bowl, stir together onion, red or green pepper, rice and beans.
2. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.
3. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>280</b>	
Total Fat	11 g	17%
Protein	9 g	
Carbohydrates	38 g	13%
Dietary Fiber	8 g	32%
Saturated Fat	1 g	5%
Sodium	830 mg	35%